

BOARD OF SUPERVISORS  
COUNTY OF LAKE, STATE OF CALIFORNIA

*Proclamation*

**May 2022 is Mental Health Matters Month**

This proclamation recognizes May 2022 as Mental Health Matters Month in Lake County to enhance public awareness of mental health and dispel the stigma surrounding it.

WHEREAS, Mental health challenges are one of the most common health conditions in California, affecting one out of six adults and impacting both the person experiencing mental health challenges and those who care and love the person facing the challenge; and

WHEREAS, One out of every 24 Californians with a serious mental illness have difficulty functioning in everyday life and if left untreated, have life expectancies 25 years shorter than the general population; and

WHEREAS, More than 16% of Lake County adults surveyed feel that their mental health, which includes stress, depression, and problems with emotions, was not good for 14 or more of the past 30 days; and

WHEREAS, In Lake County, the age-adjusted death rate is 29.3 per 100,000 population due to suicide, compared to 10.7 per 100,000 in California; and

WHEREAS, Every day, millions of people face stigma related to mental health and may feel isolated and alone, going years before receiving any help; and

WHEREAS, Recovery can and does happen, and all Californians should know that support and help is available regardless of any individual's situation; and

WHEREAS, Creating a community where everyone feels comfortable reaching out for the support they deserve is crucial to ending the stigma around mental health; and

WHEREAS, Access to support and ending the stigma is of paramount importance; and

WHEREAS, The Board of Supervisors and Behavioral Health Services of Lake County wishes to enhance public awareness of mental health;

PASSED AND ADOPTED this 3<sup>rd</sup> day of May, 2022

ATTEST: SUSAN PARKER  
Interim Clerk of the Board

COUNTY OF LAKE

By: Deputy



Chair, Board of Supervisors